



“ENHANCING HEALTHCARE WITH RASAYANA IN BALAROGA: A NECESSITY IN TODAY’S WORLD”.

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ABSTRACT

Ayurveda described various therapeutic modalities for the diseases of children (Bala Roga) and Rasayana therapy is one such approach, Rasayana drug stimulates gastrointestinal secretions thus boost appetite, prevents indigestion & nausea, relieves sickness and improves mental strength in children. The diseases of children mentioned as Bal-Roga in Ayurveda science under the heading of Kaumarbhritya. Ayurveda described Dhatri Stanya Dushti as major responsible factor for diseases related to Ksheerada Avastha. The constitution of Dosha, Dhatus and Agni are different in children compared to young age person. Therefore, children are more prone to some diseases as compared to adult, moreover children strength is weak thus they require especial care and treatments. Shankhpushpi, Guduchi, Mandookparni and Jyotishmati, etc. are Rasayana substances which can be used for pediatric health restoration. These drugs boost functioning of Agni, potentiate Dhatus thus strengthen Ojus and clears Srotas therefore maintain circulation and detoxification. These drugs act as rejuvenator thus increases mental and physical vitality. Rasayana enhances longevity; immunity and intelligence thus prevent diseases pathogenesis and also improves general health. Ayurveda approaches which help in the management of pediatric health status. Rasayan therapy requires precautionary measurement while used for childhood care. This article explains the role of Rasayana in pediatric diseases.

KEY WORDS: Rasayana, Balaroga, Ayurveda, Substances, Immunity.

INTRODUCTION

The diseases of children mentioned as Bal-Roga in Ayurveda science under the heading of Kaumarbhritya. Ayurveda described Dhatri Stanya Dushti as major responsible factor for diseases related to Ksheerada Avastha. In 2015 an estimated 5.9 million children died before their fifth birthday due to pneumonia, diarrhoea, malaria mainly^[1]. Measles and tetanus still kill more than 1 million children under 5 each year^[2]. The constitution of Dosha, Dhatus and Agni are different in children compared to young age person. Therefore, children are more prone to some diseases as compared to adult, moreover children strength is weak thus they require especial care a treatments. Ayurveda described various therapeutic modalities for the diseases of children (Bala Roga) and Rasayana therapy is one such approach. According to various Acharya's, rasayana provides strength, immunity, ojus, vitality, will power, memory and intelligence^[3].

MATERIALS AND METHODS

- Here I am collecting the information from the Samhitas like Charaka Samhita, Sushruta Samhita, Astanga Hridaya and kashyapa Samhita.
- Some of internet sources, articles, jln Shastry Dravya Guna book, Indian materia medica, Indian medicinal plants modern textbooks.

RASAYANA

Rasayana therapy is one of the best part of preventive medicine in Ayurveda. They act as both brain and body tonic, maintain growth and development by a proper nutrition. It is an effective tool to synthesize the excellent qualities of dhatus. They build barrier against infection. According to various Acharya's, rasayana provides strength, immunity, ojus, vitality, will power, memory and intelligence. According to Charak samhita, the substance Which invigorate a healthy person by producing best quality of dhatu and other dhatu called rasayana.⁽⁴⁾ Several herbs and compounds (yog) are mentioned particularly for pediatric age group which possess rasayana like properties like Lehankarma, Swarnaprashan, Prakaradi yog. They are known to have excellent effect on child's immunity along with nutritive value.⁽⁵⁾

AIM OF RASAYANA⁽⁶⁾

Like the objective of ayurveda , Rasayana also has two main objectives:

- 1).To maintain health of healthy individuals
- 2).To cure the disease of diseased one's.

CLASSIFICATION OF RASAYANA

A. Rasayana as per contents:

- Dravyabhuta Rasayana
- Adravyabhuta Rasayana

B.Depending on the procedure:

- Kuti praveshika Rasayana
- Vatatapika Rasayana

C.According to selection of Rasayana:

- Ausadha,
 1. Kamyas Rasayana
 2. Naimittika Rasayana
 3. Ajasrka Rasayana
- Kamyas Rasayana again,can be classified into three:
 - a) Pranakamyas
 - b) Medhakamyas
 - c) Srikamyas

D.Based on diet and lifestyle:

- i. Ausdha Rasayana
- ii. Ahara Rasayana
- iii. Acara Rasayana

E.According to Prabhava:

- Samsodhana Rasayana
- Samsamana Rasayana.

SUBSTANCES AND YOGAS

The substances mentioned by Acharya Kashyap in Lehadhyay are Manjistha, Triphala, Brahmi, chitrak, Bala, Atibala. These drugs are claimed to enhance medha (intelligence), Ayu (growth and development) and Bala (immunity and strength).⁽⁷⁾

❖ RASAYANA SUBSTANCES PROPERTIES

- ✓ Ani-oxidant propety
- ✓ Hepato-protective property
- ✓ Cognition facilitating property
- ✓ Anti-inflammation property
- ✓ Neuro-protection & Gastro – protective property
- ✓ Immunomodulation property

SOME OTHER DESIRABLE RASAYANAS – Vacha, Svarna, Kashmari, Bala, Amalaki, Lauha, Shankapushpi, Jyotishmati, Aatmagupta, Ashwagandha, Lashuna...etc⁽⁸⁾

❖ FORMULATIONS⁽⁹⁾

- ☐ Cyavanaprasa
- ☐ Brahmi Ghrta
- ☐ Satavari Ghrta
- ☐ Vasanta- Kusumakara
- ☐ Dhatri Rasayana
- ☐ Panchagavya ghrta
- ☐ Samvardhana ghrta



Amalaki
Emblica officinalis



Haritaki
Terminalia chebula



Bibhitaki
Terminalia bellirica

TRIPHALA



VACHA

**BRAHMI****YASHTIMADHU****MANDUKAPARNI****LASHUNA****CHITRAKA****ATIBALA****BENEFITS (10-13)**

- Rasayana boost salivary secretions thus maintain appetite and digestion.
- The enhanced gastrointestinal activity relieves constipation and indigestion.
- Rasayana effectively cure digestive ailments related to children i.e. diarrhea, indigestion and Grahani Roga.

- Relieves fatigue and mild fever by virtue of their rejuvenating effects.
- Imparts beneficial effects towards mental health thus prevent psychological disorders.
- Improves immunity therefore provides resistance against common infectious diseases.
- Strengthen overall physical and mental health hence contributed in growth & development of children.
- Maintain metabolic rate and regularizes process of detoxification thus resist accumulation of toxin and prevent formation of Ama

MODE OF ACTION (10-13)

- Rasayana improves nutritional value of Rasa Dhatu and improves Dhatu Poshana.
- This Dhatuwardhak and Agnivardhak action of Rasayana contributed towards the Dhatunirmana.
- The Shrota Shodhana action of Rasayana improves detoxification and circulatory process of body thus prevents diseases and maintains alertness.
- Tikta Rasa of substances increases Aakash mahabhut in body hence increases Satva guna of Mana.
- The Madhur vipak of Rasayana helps in Uttrottar vridhi of all Dhatus and promote Ojas.
- Laghu guna of Rasayana increases Satva guna of Mana and in this ways Rasayana drugs offers health benefits in case of pediatric diseases.

DISCUSSION AND CONCLUSION

- In this modern era, due to polluted air, food and environment the children suffered from many viral and bacterial diseases or recurrent infections hampering physical and mental growth of the child.
- Ayurveda has numerous drugs which boost memory, intelligence and immunity in child. Good health in childhood state gives strong foundation to the future building of life.
- Amalaki, Vibhitaki, Haritaki, Atibala, Bala possesses antioxidant property which improves brain function, encourage focus and clarity.
- Anti-oxidants play an important role in protecting the enzymes, fats and vitamins in the body.
- These natural substances help to delay or prevent certain types of damage to the cell. They counteract the harmful effect of free radicals which damage the neurons. If free radicals get out of control, cells are damaged faster than they are repaired
- Rasayana substances which can be used for pediatric purpose. These substances potentiate Dhatus and improves Ojas thus provides rejuvenating effects and increases mental as well as physical vitality in children.
- Balrasayana prevents the child from infectious as well as non- infectious diseases along with malnourishment
- Balrasayana offers a new horizon for boosting child immunity along with maintaining good health and enhancing intelligence. Balrasayana can be used as an adjuvant to vaccination in order to boost the immune system in children.

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